

## Right-Sizing Your Portions



### Do You Know ...

*... that large portions make us eat more than we are really hungry for?*

There's no need to cut out your favorite foods. With smaller portions, you can enjoy food and a healthy weight too!

### What's the scoop on portion size?

- ❶ **Some individual drink and snack packages contain multiple servings.** A 20-oz soft drink has 2½ servings; a small bag of chips can have 3 to 4.
- ❷ **With larger portions, we eat more and drink more** – which means that we get more calories than our bodies really need.
- ❸ **Everything is getting bigger and bigger** – fast food portions, restaurant meals, snack packages, dinner plates, glasses - even theatre and stadium seats.

### Putting YOU in control of your portions

#### FOOD PORTIONS

- Use small-sized plates and bowls. You'll feel satisfied with less food.
- Never eat out of a big bag or package. Take out a regular serving, put it into a bowl, and put the package away.

#### DRINK PORTIONS

- Measure out an 8-oz serving so you know what it looks like. Drink one cup of milk or juice, then switch to water.
- Use skinny glasses rather than wide ones. You'll pour less into them.

## 6 ways to eat less and enjoy it more

### 1. Prepare less food at meals.

Large quantities of food make people eat more. If there are leftovers, put them out of sight – and out of mind.

### 2. Start with a small portion.

Small servings may be exactly what you want – and you can always have more if you are still hungry.

### 3. Slow down the pace.

Eating slowly enhances enjoyment of meals and snacks – and gives your brain the 20 minutes it needs to know that you are full.

### 4. Listen to your body's signals.

Your internal cues of hunger and satisfaction can help you eat the right amounts. Listen and stop when you are full, but not stuffed.

### 5. Eat half, wait 20 minutes.

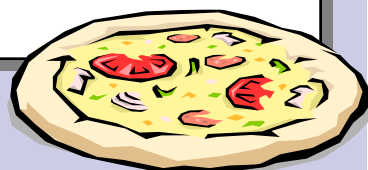
When you wait (and listen carefully to internal cues), you can be satisfied with smaller-than-usual portions.

### 6. Eat regularly.

When you have regular meals and snacks, it's easier to be satisfied with smaller portions each time.

**Q:** *How can I eat less when I am ordering out?*

**A:** **Think before you order.**



Planning ahead is always smart. Think about how hungry you actually are. Think about ordering extra vegetables. Think about taking half home for another meal. Just think before you order. **Here are three ways to eat less – and save \$\$ too.**

#### • **Swap super-size for smart size:**

Have it your way with a regular burger, small fries, and a regular soft drink (or better yet, low-fat milk). You can enjoy the taste of your favorite foods – with less than half the calories and fat of most super, biggie, mega-size meals.

#### • **Share a biggie-size item:**

There is a very smart way to make mega-portions work for your weight and wallet at the same time – share! Any menu item can be shared - appetizers, entrées, salads, sandwiches, and desserts. Cut a sandwich in half or split an order of fries. Order one sweet treat with several forks or spoons.

#### • **Save half for another time:**

There's no reason why you have to "eat the whole thing." If you are served a large portion, eat half at the restaurant and take half home for another meal. Sometimes it's easier to get a to-go box with your food - and divide the meal before you start eating.



#### **PORTION HELP ONLINE**

Want more ideas on choosing smart serving sizes? Want some easy ways to estimate the right portions for your body type and size?

**Check out the handouts @ USDA Healthy Portions Kit**

[www.fns.usda.gov/tn/Healthy/Portions\\_Kit/serving\\_size.pdf](http://www.fns.usda.gov/tn/Healthy/Portions_Kit/serving_size.pdf)

[www.fns.usda.gov/tn/Healthy/Portions\\_Kit/sensible\\_portions.pdf](http://www.fns.usda.gov/tn/Healthy/Portions_Kit/sensible_portions.pdf)

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